



PHOBIAS: TYPES AND TREATMENT

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1.1 Overview

A phobia is persistent, unrealistic fear of a certain object or situation that's unlikely to cause harm. Phobias are not like regular fears. People with a phobia get dread or panic when you encounter the source of their fear, possibly disruption in your life at home, work, or school.

People with a phobia usually realize their fear is unrealistic, but they can't do anything about it. So, they prefer to avoid the phobic object or situation, or live it within intense fear or anxiety.

1.2 Types of phobias

Phobia comes in various shapes and sizes. Since there are countless of objects and situations, the list of phobias is quite long.

According to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), phobias usually fall within the following five categories:

- fears related to animals (spiders, dogs, insects)
- fears related to the natural environment (heights, thunder, darkness)
- fears related to blood, injury, or medical issues (injections, broken bones, falls)
- fears related to specific situations (flying, riding an elevator, driving)
- other (choking, loud noises, drowning)

1.3 Treatment a phobia

Most people tend to avoid the source of their fear as it doesn't cause serves problems, but that might be difficult for those can't avoid the triggers of some phobias. In these cases, speaking to a mental health professional can be the first step to recovery.

Phobias can be treated with appropriate treatment. No single treatment works for all people with a phobia. The doctor or psychiatrist will tailor a specific treatment for each person based on their cases. It might recommend behavioral therapy, medications, or a combination of both

The most effective psychotherapy treatment for specific phobias is called exposure therapy. During exposure therapy, you will exposure with a psychologist to the source of the fear in a controlled setting. It focuses on changing your negative thoughts and reactions to the phobic situation. One of the new techniques used in exposure therapy is virtual reality technology to expose people to the sources of their phobias safely.

The goal for treatment the phobia is to improve your quality of life so that you are no longer hindered or distressed by your fear.

1.4 Conclusion

Phobia is an unrealistic fear of a certain object or situation. It usually involves fears related to animals, natural environments, medical issues, or specific situations.

With the right treatment, you become able in controlling your reactions to a phobic source and live a productive, fulfilling life.

References

<https://www.healthline.com/health/list-of-phobias>